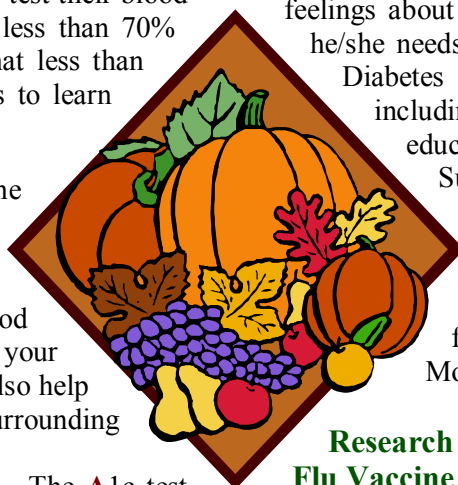


## Diabetes Self-Management: Diabetes Month: Share the Bounty

Every November, people with diabetes are encouraged to improve their skills to manage their diabetes. Diabetes is hard work. To reach the balance for good control, you must plan out each day so that you do the things needed to keep your blood sugar as close to normal as possible. Did you know that in Maryland, less than 59% of adults with diabetes test their blood sugar at least once a day; that less than 70% examine their feet daily; and that less than 50% have ever attended a class to learn more about diabetes?

To better control diabetes, the National Diabetes Education Program suggests four steps:

1. Learn all you can. With good information, you can reach your goals for control. You can also help dispel some of the myths surrounding this disease.
2. Know your diabetes ABC's. The **A**1c test gives you an average blood sugar for the last three months. The goal is less than 7. Controlling **B**lood pressure helps to prevent complications to your heart, brain, kidneys and eyes. The goal is a blood pressure of 130/80 or less. An LDL **C**holesterol of 100 or less, can also protect these organs. Do you know your ABC's?
3. Take charge of diabetes. Follow your meal plan, eat healthy portions, test your blood sugar, get 30-60 minutes of exercise on most days of the week, take your medications as prescribed and check your feet.
4. Get routine care. At each visit with your doctor, get a blood pressure, weight and foot check. Twice a year have the A1c test and see your dentist. Once a year, have your cholesterol checked, a dilated eye exam, a urine test for kidney disease, and a flu shot.



If you have learned the skills needed to manage your diabetes, share your wealth of knowledge. Talking with others about diabetes can benefit both you and the other person. Describe the challenges that you faced and how you overcome those barriers. It may be a trigger for that person to "take charge".

When talking to someone with diabetes, offer practical help. Prepare a well-balanced meal for your friend. Go for a walk together. Share your feelings about diabetes. Ask your friend what he/she needs to reach their goals for control.

Diabetes is best managed with a team including your provider, a diabetes educator, a dietitian and others. Support of family and friends makes the task easier.

Harvest your knowledge and skills and share the bounty with a friend during November, Diabetes Month. Thank you.

## Research Supports Getting the Anti-Flu Vaccine if You Have Diabetes

A recently published study in *Diabetes Care*, August 2006 showed that people with diabetes benefit from getting an influenza vaccination. Among 9,238 adult patients with diabetes, 131 were either hospitalized for diabetes control problems, acute lung or other respiratory disease or cardiovascular (heart) disease. 61 of these patients died from this preventable disease.

When people with diabetes got the vaccine to prevent the flu, there was a 56% reduction in any complication, a 54% reduction in hospitalizations and a 58% reduction in deaths.

It's time to get the flu vaccine. Call your local health department or the local hospital to find a flu clinic near you. Stay well.

**If you would like to obtain copies of the National Diabetes Education Program materials mentioned in this article, you can call 1-800-438-5383 to request a single copy or go online to [www.ndep.nih.gov](http://www.ndep.nih.gov).**

- “4 Steps to Control Your Diabetes For Life” Publication No. 04-5492 or
- “How you can help a loved one with diabetes” Publication No. 04-5484.

#### **References for articles:**

“4 Steps to Control Your Diabetes For Life”. National Diabetes Education Program. NIH publication No. 04-5492. Dec. 2003.

“How You Can Help a Loved One with Diabetes”. National Diabetes Education Program. NIH publication No. 04-5484. January 2004.

“Memo to Type 2s: Time to Get that Flu Vaccine”. Diabetes Health. October 2006.

Data from the Maryland BRFSS, 2004.



advantages, privileges, and accommodations.

The Department, in compliance with the Americans With Disabilities Act, ensures that qualified individuals with disabilities are given an opportunity to participate in and benefit from DHMH services, programs, benefits, and employment opportunities.

The services and facilities of the Maryland Department of Health and Mental Hygiene (DHMH) are operated on a non-discriminatory basis. This policy prohibits discrimination on the basis of race, color, sex, or national origin and applies to the provisions of employment and granting of

**This news page is a product of the Maryland Diabetes Prevention and Control Program. The intent is to provide ongoing news and information about diabetes for the public, especially people with diabetes and their families.**

**\*\*If you would like to receive this newspage each month, please send an email to the author, Daria Rovinski : [rovinskid@dhmh.state.md.us](mailto:rovinskid@dhmh.state.md.us)**

For more Information:  
Phone: 410-767-3608

Maryland Diabetes Prevention and Control Program  
website:[www.fha.state.md.us/cphs/diabetes](http://www.fha.state.md.us/cphs/diabetes)